

What Is the Mental Health Services Act?

California's voters passed Proposition 63 in the November 2004 General Election. On January 19, 2005, Proposition 63 was signed into law and renamed the Mental Health Services Act (MHSA).

What Does the Mental Health Services Act Fund?

Each county in California has, or is in the process of developing, local plans for new kinds of mental health services. The first of these plans is the Community Services and Supports Plan (CSS).

The objective of the CSS Plan is to provide an array of services to Children, Transition Age Youth, Adults and Older Adults whose needs are not currently being met through other funding sources.

What Is a Wellness/Client-Run Center?

Wellness/Client-Run Centers provide two new options for adult clients to assist them on the road to recovery from their mental illness. This brochure will also assist clients in answering questions about the types of activities and services being offered, in addition to providing contact information for the Wellness/Client-Run Center nearest to them.



Wellness/Client-Run Center Activities and Services	Wellness	Client-Run
Psychiatric Services: Medication support services and prescription management	✓	
Case Management Support client goals for recovery, plan and coordinate services	✓	✓
Health Screenings: Body mass index, blood pressure, diabetes, cholesterol, etc.	✓	
Healthy Living Activities: Including recreation, health education and referral to primary healthcare services	✓	✓
Peer-Led Self-Help Groups	✓	✓
Peer Support Services	✓	✓
Supports for Clients with Co-Occurring Disorders	✓	✓
Linkages and Referrals	✓	✓
Outreach, Collaboration and Connection with the Community	✓	✓

Frequently Asked Questions

Who Does a Wellness/Client-Run Center Serve?

Any client seeking additional recovery supports which may include services and activities provided by peers, such as self-help groups.

What Are Peer Support Services?

Peer support can include self-help groups or one-on-one services like mentoring. Through peer support, clients with similar experiences can relate to each other and offer advice, suggestions and strategies for managing their lives in recovery.

How Is a Wellness or Client-Run Center Different from a Mental Health Clinic?

Consumers in recovery play an active role alongside mental health professionals in directly providing clients services at these centers. All staff at Client-Run Centers, and at least 50% of staff at Wellness Centers, are consumers in recovery. In Wellness and Client-Run Centers, clients drive their own treatment and service delivery.



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Wellness/Client-Run Centers in Los Angeles County

Please contact your local Service Area Navigator for information on available Wellness/Client-Run Center services.

Antelope Valley, Service Area 1
Angela Coleman, 661-223-3813

San Fernando Valley, Service Area 2
Darrel Scholte, 818-610-6705

San Gabriel Valley, Service Area 3
Eugene Marquez, 626-471-6535

Metro Los Angeles, Service Area 4
Murdis "Latoya" Boston, 323-671-2624

West Los Angeles, Service Area 5
Maureen Cyr, 310-482-6613
J. Sandy Mills, 310-482-6617

S. Central/Compton/Lynwood, Service Area 6
Greg Hooker, 323-290-5822

Southeast Los Angeles, Service Area 7
Tere Antoni, 213-738-6150

Long Beach/South Bay, Service Area 8
Alicia Powell, 562-435-2287
Meggan Gibson, 562-435-2078



William T Fujioka, *Chief Executive Officer*
Los Angeles County

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Gloria Molina, *First District*
Mark Ridley-Thomas, *Second District*
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Don Knabe, *Fourth District*
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Marvin J. Southard, D.S.W., *Director*
Los Angeles County
Department of Mental Health
550 South Vermont, 12th Floor
Los Angeles, CA 90020

Phone: 213-738-4601
Fax: 213-386-1297



<http://dmh.lacounty.gov>



If You Are in Crisis and
Need Help Right Away,
Call Toll-Free, 24/7 ACCESS Helpline:

1-800-854-7771

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Wellness & Client-Run Centers

